

ABSTRACT

A shoring post comprising: an outer tube; an inner tube slidably received within the outer tube, at least one of the inner tube and the outer tube being rotatable relative to the other; coarse adjustment means for limiting travel of the inner tube into the outer tube, the coarse adjustment means having: a rotatable collar located at one end of the outer tube; and an affixing means for affixing the collar to the inner tube; and fine adjustment means at one end of the post, comprising a threaded cylinder and a threaded receiver, wherein a selected one of the threaded cylinder and threaded receiver is integral with a selected one of the outer or inner tubes, whereby rotation of the selected one of the outer or inner tubes effects the fine adjustment.